I'm human

Cycling training plans pdf

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Get fit with cycling! Whether you're starting from scratch or looking to boost your endurance, we've got three ten-week training plans to suit your level of fitness. We've teamed up with ROUVY, the global indoor cycling platform, to bring you these plans. Choose from a beginner's plan for those just starting out, an endurance-building plan for longer rides, or a racing plan to give you that competitive edge. These plans can be completed indoors, outdoors, or a mix of both. Each session incorporates intervals based on your maximum heart rate, functional threshold power, or rate of perceived exertion (RPE). Use these zones to guide and structure your training and target specific physiological adaptations. Before starting, take an FTP test to determine your training zones. ROUVY offers a convenient way to assess your zones at home. Complete the test protocol and let ROUVY calculate your FTP and define your training zones. Get started with our three ten-week training plans: beginner, endurance, or racing. Remember, all new users get a 7-day free trial on ROUVY, and use code CYCLINGWEEKLY1M for one month of free usage. If you're not utilizing Rouvy app, you can still find your functional threshold HR & power via 20-minute or ramp test. This standardized 20-minute effort involves warming up, followed by all-out attempt lasting 20 minutes either on turbo or quiet road. Your average HR and power for this period will serve as your 100% threshold figure. Next, multiply your average power by 0.95 to determine your Functional Threshold Power (FTP). Zones are then based on percentage of FTP. There's also heart rate method, but it's slightly less reliable due to external factors like heat, stress, dehydration and mood state. Additionally, RPE or Rate of Perceived Exertion can be used - with scores ranging from 1-10 indicating varying levels of exertion. Training plans use a 7-stage zone structure where: - Zone 1: 55% of FTP (easy pace) - Zone 2: 75-90% of FTP (challenging efforts) - Zone 3: 91-105% of FTP (high-intensity intervals) - Zone 4: 106-120% of FTP (maximum effort short bursts) - Zone 5: above 120% FTP (extreme maximum effort, anaerobic sessions) Understanding these zones is crucial for effective training. To optimize your cycling experience, it's crucial to vary your pedal cadence and intensity levels. Here are the different training methods you can incorporate into your routine: **Cadence Training**: Focus on medium (85-95 rpm) or high (95-120 rpm) cadences to improve pedal efficiency and adaptability. **Contrast Cadence**: Vary your pedal cadence dramatically during a ride to enhance pedal efficiency, muscle recruitment, and adaptation to different riding conditions. **Core Training**: Perform core exercises on rest days to stabilize your trunk when cycling and improve posture. **CrissCross Training**: Alternate between different intensity levels within the same workout to improve gear shifting and adaptability. **Endurance Ride**: Engage in longer, lower-intensity rides (over 1hr 30min) to build stamina and aerobic capacity. **HIIT (High-Intensity Interval Training)**: Incorporate short bursts of high-intensity effort followed by low-intensity recovery or rest to boost cardiovascular fitness, muscle endurance, and calorie burn. **Low Cadence Efforts**: Utilize a low cadence (below 70 rpm) and heavy gear feeling to build leg strength in a cycling-specific manner. **Speed Skills**: Focus on high-cadence drills and smooth pedalling technique to enhance leg speed and overall cycling efficiency. **Tempo**: Training For Criterium Racing In Cat 4 And 5 Is Based On A Steady Pace Below Lactate Threshold To Enhance Sustainability Of Moderate High Intensity Efforts. Thresholde Training Focuses On Working At Or Near Lactate Threshhold, Improving Sustanability Of High Intensity Exercise Without Fatigue. V O2 Max Training Aims To Improve Maximum Amount Of Oxygen The Body Can Utilize During Intense Exercise. ROUVY Provides Free Training Plans For Criterium Racing Including Workouts Designed By Coaches And Professional Athletes. The Plan Is Based On Four Weeks Blocks With Three Weeks Training Load And One Week Recovery. It Includes Workouts In All Zones Up To 3 Hours Duration. Average Week Is Five Hours Longest Week Is Eight Hours Long. Our cycling training plans cater to different needs, including a Race Ready Time Trial Plan, a Threshold Improvement Plan, and more.